



Serves: 4

Kidney Bean Minestra

Ingredients

- Red kidney beans, dry, soaked overnight 160g
- Onion, chopped 40g
- Prawns, frozen 8/80g
- Rosemary, fresh 5g
- Bayleaf, 2 leaves 10g
- Water 4 cups
- Salt, to taste
- Olive Oil 5 tsp

Tips:

- For stews, soup-based or braised dishes, skim away visible fat or oil after cooking to maximize the healthfulness of the dish.
- Use fresh ingredients, herbs and spices or low sodium seasonings as flavor enhancers for soup.
- Beancurd, pulses, lentils, peas and beans are good sources of protein and low in saturated fat. They can be used to replace meat in some dishes.

Method

- Sauté chopped onion with olive oil in a pot, then add herbs.
- Gradually add the beans and then 1 litre of water. Cook for 1 hour until the beans are soft.
- Blanch prawns for 3 mins in boiling water and set aside
- Blend soft beans until creamy.
- Dish kidney puree into 4 bowls and place 2 steamed prawns on each bowl.
- Serve hot.

Nutrition Information (Per Serving):

Energy (1kcal = 4.2kJ) 220kcal

Protein 12.1g

Total fat (g and % of total calories)
6.6g (27.0%)

Saturated fat 1.0g

Cholesterol 24mg

Carbohydrate 28.2g

Dietary Fibre 7.4g

Sodium 334mg